

NEVADA LIBRARY Q&A/CHECK-IN

10 am, Tuesday, September 1, 2020

with Tammy Westergard

Nevada State Library, Archives and Public Records Administrator

Tuesday @ 10 - Intentions



to promote unity,
fraternity, and help
build resilience



to debrief and share



to assist in the response
phase and start the
recovery phase.



to learn and be better
prepared

Agenda

01

10 Minute
Wellness: students
& new learning
models

02

Q&A with Lisa
Keating

03

Check-in



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September Wellness Overview

As kids and parents try to navigate all of the changes to school this fall (on-line, partial schooling, all in but with serious social distancing) Menninger-trained clinical psychologist, Lisa Keating, PhD, shares what it is like psychologically to be a kid or a parent right now, during a global pandemic health crisis.

“If we don’t understand this part, we won’t be able to help youth and parents access services and educational interventions. Even the best intentions from adults, can be rejected, misunderstood, or experienced as frustrating or dismissive, if we don’t talk and engage with kids in ways that are helpful to them,” says Dr. Keating.

The series is organized for three age groups: K-5th grade; middle school and high school/young adult.

Lisa Keating, Ph.D.

Lisa Keating, Ph.D., has a Bachelors in Human Development and Family Studies from Oregon State University, a Masters Degree in Child Development from San Diego State University, and a Doctorate from Alliant University. She completed a two-year post-doctoral fellowship in Child and Adolescent Psychology at the Menninger Institute.

Dr. Keating has worked as a consultant to two of the local school districts and to the Washoe Indian Tribe. For the last ten years she has been the Clinical Director for Reno Municipal Court Co-Occurring Disorders Practice. She has been in private practice in Carson City since 2001 and works with children, teens and adults.



SESSION 1

What is going on psychologically with kids right now?

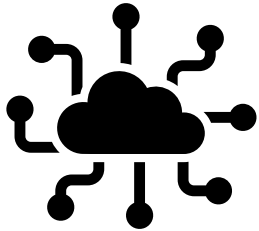
How does this impact their ability to learn?

- Covid-19 is sparing most kids from illness, but, its effects on their mental health is deepening.
- Routines, rituals, order has been decimated.
- Developmental issues are huge: where a youth is in their development is a huge contributor to how Covid and Covid safety precautions, are affecting them.

New Skills/Reduced Extracurricular Options

Summer is over and the new school year is nothing like they thought it would be

Most students will have to rely on new skills:



- organization,
- attention and concentration,
- on-line learning and possibly more worksheets,
- staying seated for longer periods of time, and
- more computer/IT skills.



Most students will have:

- less time with their friends and peers
- no touching/pats on back
- less physical activity

Children, Grades k-5

Feel anxiety about:

- the adults in their life getting sick and dying
- parents losing jobs
- family money problems
- stressed parents



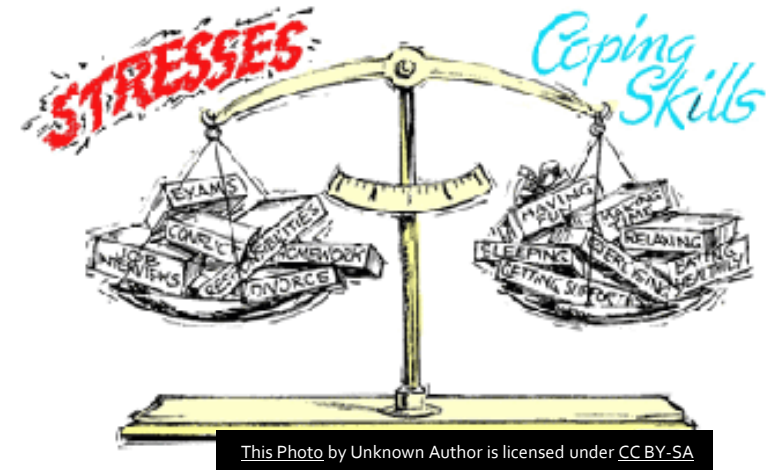


Middle Schoolers

This is a time in their schooling where the demand for independent learning grows the most; now, it is taking place in a turned upside down school/educational environment.

High School and Young Adults

- 25 % said they had seriously considered suicide in the last 30 days (1 in 10 adults did)
- 62% said they had symptoms of anxiety and/or depression
- 25% said they had started or increased substance use



Understanding Behaviors



- Acting Out
- Acting In

September Schedule



September 1, 8, 15

Helping students deal with going back to school and new models of learning

Lisa Keating, PhD, Clinical Psychologist, Sierra Psychological Associates, LLC



September 29

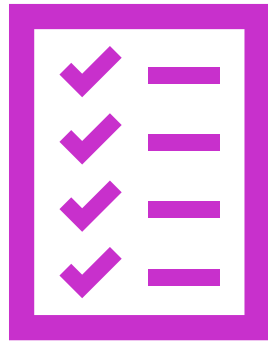
Break



September 22

Nevada Arts Council

Nevada State Library Covid-19 toolkit



10 Minute Wellness webinars and resources
posted here



<https://nsla.nv.gov/COVID19/10MinuteWellness>



CHECK-IN

Comments, concerns, observations?

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VIRTUAL COFFEE BREAK

An informal, after-meeting chat opportunity